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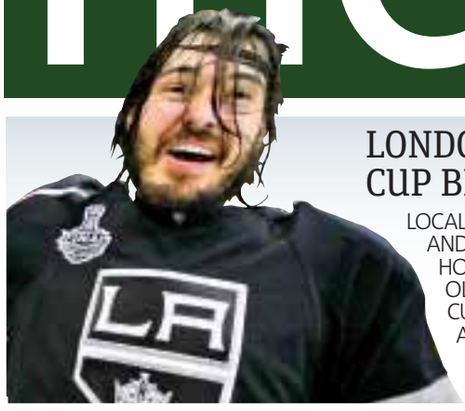

LONDON'S CUP BEARERS

metro AR

LOCAL HOCKEY HEROES DREW DOUGHTY AND JEFF CARTER MAKE THEIR HOMETOWN PROUD BY WINNING OLYMPIC GOLD AND THE STANLEY CUP IN THE SAME YEAR. USE METRO AR TO VIEW A GALLERY OF THE CUP CELEBRATIONS IN L.A. PAGE 17

Sectarian strife explodes across city of Baghdad

Shiite fighters prepare to take up arms against Sunni militants as a series of deadly explosions rock Iraq's capital PAGE 7

Double trouble for twin singers

Dream-pop duo Say Lou Lou talk to Metro about getting wobbly from whiskey, how dirty socks can get on tour and which twin is the evil twin PAGE 11

NEWS WORTH SHARING.

Fontana may appeal guilty verdict

Mayor Joe Fontana leaves the courthouse on Friday with his wife, Vicky, after being found guilty on criminal charges. DAVE CHIDLEY/THE CANADIAN PRESS

Options. Local lawyer calls judge's decision 'appeal-proof' — but mayor's lawyer says it's one avenue he and his client are considering

SCOTT TAYLOR
scott.taylor@metronews.ca

Gord Cudmore said he and client Joe Fontana "aren't going to make any knee-jerk reactions," but admitted that an appeal of Fontana's guilty verdict is something they're considering.

Fontana was found guilty of fraud, breach of trust and uttering a forged document, Friday in London superior court.

The maximum penalty Justice Bruce Thomas could impose for breach of trust — the most serious of the charges — would be 14 years in prison.

Thomas wouldn't dole out anything close to that to a public figure with no prior criminal record, but any jail time would end Fontana's term as London's mayor immediately, including house arrest.

The first thing Fontana and Cudmore will do is hear the sentence July 15. Then a number of avenues will be explored.

Cudmore was asked about a contentious issue during the trial, when assistant Crown attorney Tim Zuber asked to re-examine former Marconi Club general manager Joe DiPietro to contradict the testimony of former club president Vince Trovato.

Cudmore argued against it, but was overruled by Thomas.

"That could be one," Cudmore said of grounds for a possible appeal.

London defence lawyer — who's also been a Crown attorney — Phil Millar said everyone has the right to appeal, but he's doubtful it would be granted in Fontana's case.

"I think the judge was very careful in how he came to his decision. He essentially did what we call make it appeal-proof," he said. "Essentially, he said the mayor lied. It's hard to appeal that."

Millar said Cudmore could base an appeal on the DiPietro issue, but doesn't believe that would stand up to scrutiny.

Cudmore would have 30 days after sentencing to appeal.

Quoted

"I think the judge was very careful in how he came to his decision. ... Essentially, he said the mayor lied. It's hard to appeal that."

Phil Millar, London defence lawyer and former Crown attorney, who says while everyone has the right to appeal. he doubts it would be granted in Fontana's case.

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Bucking the trend

Enrolment up at Western

First-year student enrolment is up nearly 12 per cent at Western University compared to 2013.

The bump comes as Ontario schools mark an overall three per cent dip in the number of froshes who will be on their campuses this fall, according to data from the Ontario Universities' Application Centre.

Western has launched a number of recruitment efforts in the past year, including a social-media campaign and video testimonials from students. METRO

Expect closures

Roundabout work to start at Sunningdale and Wonderland

Construction will begin Monday on London's newest roundabout.

The work at Sunningdale Road and Wonderland Road North will including widening to two lanes in each direction, sidewalks and street lighting, bike lanes and upgrades to underground infrastructure.

The project is expected to be completed in the fall.

"This new roundabout will help move traffic volumes more expeditiously, while adding increased safety for active transportation users like cyclists and pedestrians," said Edward Soldo, director of roads and transportation.

Construction will, at times, require partial and full closures of the intersection.

Check london.ca/construction for updates on all city road work. METRO

Jeff Hardy, a social worker and former probation officer, says yoga is being embraced by inmates in one of Ontario's most dangerous jails. SCOTT TAYLOR/METRO

Yoga easing tensions inside infamous EMDC

'Mindfulness' over matter. Former probation officer taking inmates to the mat

SCOTT TAYLOR
scott.taylor@metronews.ca

Behind the walls of the infamous Elgin-Middlesex Detention Centre, where violence and fear is a daily fact of life, one man is trying to make a difference with a mat and an attitude of spirituality.

Jeff Hardy has opened the world of yoga for the inmates.

"Mindfulness is the up-and-coming thing in social work," he said, "but it's not really in Ontario yet. It's all over the United States, though."

Hardy goes into the jail every Thursday night, throws down some mats, "and we stretch."

Tall and solid with a thick beard and some body art, the former probation officer doesn't look too out of place with the rest of the inmates.

To get in, he used his connections in correctional services and pitched the powers-that-be a PowerPoint presentation. The strategy seems to have worked.

The results have been tremendous, he said, and he has a binder full of positive feedback to prove it.

The biggest complaint, he said with a laugh, came when he showed up and the inmates asked, "Hey, where's the chick?"

"I started off with the kitchen staff at the jail because they're the motivated guys. They want to work and get out of there," he said.

While no one connected with the jail was authorized to talk publicly about it, Hardy said they approve of the program.

Now he hopes to receive funding from the Ontario Trillium Foundation to spread the good karma to prisons across the province.

"The social work I do at my desk, it would take months to get the breakthroughs I get with them after 45 minutes on a yoga mat," he said.

Fast-track to wellness

"The social work I do at my desk, it would take months to get the breakthroughs I get with them after 45 minutes on a yoga mat."

Jeff Hardy on the effect of yoga on the inmates he works with

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Resilience. Entrepreneur overcomes ailments to run own wellness centre

Megan Orser laughed when asked if she's an overachiever.

"Oh, 100 per cent," she replied.

At 23, she already runs her own fitness and wellness centre — but, as they say, there's a lot more to the story than that.

"When I was seven, I was diagnosed with kidney failure," she said. "And by the time I was eight years old, I had my first kidney transplant."

Doctors didn't know for sure why her kidney shut down, only that it did. It was a scary time to be a kid, but everyone was with her.

"Honestly, my family is incredible," she said. "The amount of support that I received from my parents and grandparents and aunts and uncles was just unreal. We never had a pity party. It was just, 'This is what's happening' and, 'This is what we're doing, so let's go do it.' "

The lessons she learned carried her into later life, including one more kidney transplant.

In between transplants came a period of scoliosis — curvature of the spine — and back surgery at 13 years of age.

Megan Orser has never let life's hurdles get in the way of chasing her dreams. COURTESY TANYA HARRISON

Orser has now opened the Breath of Fresh Air Training Facility in Lambeth, where she offers Pilates, barre fitness (which she describes as a mixture of aerobics, Pilates and dance), yoga, and much more.

There's just one main rule: no cellphones.

"Just focus on you, even just for an hour when you're here." SCOTT TAYLOR/METRO

Woodstock. Three face weapons charges after conflict involving knife

Three people face weapons charges after a fight at Wellington and Dundas streets in Woodstock on Thursday.

Police were called to the intersection where, they say, officers found a woman with a knife. She and a man at the scene were taken into custody. A third person believed to have been involved in the dispute was arrested a short time later.

Cory Gigault, 33, and Thomas Payne, 35, both of Woodstock, are charged with possession of a weapon for a dangerous purpose and assault with a weapon.

Brittany Kearley, 24, of Woodstock is charged with unauthorized possession of a weapon.

METRO

London City Centre

Take a leap and fulfil a wish with Rope for Hope

Make-A-Wish Southwestern Ontario is challenging people this week to make their way to the top of London City Centre — and back down again.

The non-profit's Rope for Hope fundraiser takes place on Friday, with participants asked to raise at least $1,500 for a chance to rappel down the building.

Last year's Rope for Hope events in Toronto and Halifax raised more than $300,000 to help grant wishes for children with life-threatening medical conditions.

This year, six new event sites have been added to the roster, including London.

Check ropeforhope.ca for details. METRO

Ward 1 candidate Nate Youskow feels there's no need for council hopefuls to live in their ward so long as they have links to the area. MIKE DONACHIE/METRO

One candidate, four filings, three wards

City council. Ward-hopping candidate inspires debate about links with voters

MIKE DONACHIE
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Nate Youskow wants to be elected to city council in October.

In these times when politicians are accused of being out of touch with voters, Youskow insists he knows what people want. He's promising to promote businesses and create jobs.

But Youskow, who's running in Ward 1, doesn't live there. And he's filed to run for city hall four times this year, in a total of three wards. Just how in touch with people does that make him?

"I've been thinking to run for municipal office for quite a while," said Youskow, 32, who works for a non-profit in London. "Seeing the issues in city hall, I feel that maybe I can make big changes."

Youskow lives on Maitland Street, in Ward 13 just beyond the Ward 1 boundary, and explains his different filings by saying he's lived in different parts of the city. He feels there's no need for a council hopeful to live in their ward, as long as they have links with the area.

But Ward 7 contender Josh Morgan isn't convinced that our current system encourages good links.

He wants a public debate about the idea of requiring all candidates to live in the ward in which they're running. Currently, the rule is that they must live in London or own property here.

"I really feel the need to create better connections and stronger connections between those running for office and those they are seeking to represent," Morgan said.

"I've thrown out a few ideas and by all means I'm happy to have a conversation about whether people want to go (that route)."

Such a system exists in only one municipality in Ontario: Thunder Bay, where city clerk John Hannam explained the municipality has had seven ward councillors and five city-wide members since a citizen suggested it in 1982.

"It seems to work quite well," Hannam said. "The combination of ward and at-large seems to be something the community likes. The idea of residency is not something that anybody's squawked about."

The final decision, of course, rests with the electorate.

"There's certainly an expectation that the people who represent them in city council have an interest in the community," Hannam said.

Argument

"I really feel the need to create better connections and stronger connections between those running for office and those they are seeking to represent."

Ward 7 contender Josh Morgan, who wants a public debate about the idea of requiring candidates to live in the ward in which they're running

Ward 1

Veteran councillor Bud Polhill is the incumbent.

- The other candidates this fall are James Beynen, Christopher Perry, Michael van Holst and Nate Youskow.

Youskow's runs

- Filed in Ward 4 on Jan. 3, withdrew Feb. 4.
- Filed in Ward 4 on Feb. 28, withdrew May 5.
- Filed in Ward 13 on May 5, withdrew May 12.
- Filed in Ward 1 on June 5.

London Lightning players James Millen and Maurice Bolden flank general manager Taylor Brown at the team's new home gymnasium. MIKE DONACHIE/METRO

New Lightning gym not just a business deal

Vito Frijia's genius. A team owner who's also a successful deal-maker dunks a winner for London basketball

DAVE LANGFORD
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Vito Frijia is a hugely successful business person who happens to own a very good basketball team. Or he is a winning basketball team owner who does well in the world of business.

Both options are available when you look at the new combined home of Southside Group and the London Lightning on Blackfriars Drive, near Wharncliffe.

In March, Southside moved its offices from Horton Street to the former Empress United Church building. And along with the building came a gymnasium, perfect for the Lightning shootouts and drills.

Frijia owns both Southside and the National Basketball League of Canada team.

"The gymnasium came as a bonus," Frijia said. "We needed to move from our present location for size. We needed more space, but it (the gym) was definitely a motivational factor for us. "

There is little resemblance between the 50-year-old church and the current complex.

"We made it into a new building," Frijia said. "I've had a few people come in here and say, 'I was married here, but I can't find out where the altar was.'"

That altar is now a stairway, and the rest is completely changed with plenty of office space, along with a gym and change rooms for professional basketball players to shore up their game.

Lightning general manager Taylor Brown, a nine-year Southside employee, said the new building will be a great draw for players and a new coach.

"It's huge for even selling the team to guys. Most places don't have this, unless it's the NBA," Brown said.

Brown said the players will have access to the gym 24 hours a day.

"So they will be in here working on their shots, working on their game, and it's also good for coaching, for bringing in a coach."

"This is an ideal situation for (a new coach). He can break down film, break down opponents, in terms of what other teams run."

Frijia and Brown both say this will not damage their relationship with the downtown YMCA, where the team has made its home the past three seasons.

"We are in the middle of developing some fun and exciting things with the Y," Brown said. "Hopefully, it's going to pick up and grow the game of basketball from the grassroots perspective, which is going to be a big thing for London."

Clinics for youngsters have already begun at the Blackfriars facility and camps will also be available at the YMCA this summer in London and St. Thomas. Several of the Lightning players are helping out.

Impressive

"It's huge for even selling the team to guys. Most places don't have this, unless it's the NBA."

Lightning general manager Taylor Brown, speaking about London's new gym.

London North Centre. Bryant's second place a remarkable finish

Everybody may have been talking about the Liberals' Queen's Park majority after the provincial election, but, at the same time, one second-placed London candidate was quietly confounding expectations.

In London North Centre, New Democrat hopeful and sitting city councillor Judy Bryant made an impressive run against Liberal Deputy Premier and Health Minister Deb Matthews.

In a riding where the NDP had been third in every vote since 1999, she overtook Progressive Conservative and fellow councillor Nancy Branscombe.

At the NDP victory party, there were cheers for Peggy Sattler and Teresa Armstrong, who held their London seats, but special congratulations for Bryant's strong showing as runner-up, taking votes from the Liberals and the Tories in comparison to the election in 2011.

"I think we had a fantastic run," said Bryant, who's been on council for 11 years.

Asked how she did so well, she replied: "Because people are tired of the things that they've been complaining about, that are being done.

"They want responsible government to do the very best with the tax money."

Judy Bryant
METRO

Quoted

"I think we had a fantastic run ... People are tired of the things they've been complaining about."

Judy Bryant, NDP candidate for London North Centre and 11-year veteran of London City Council

Bryant said she will stay active in the NDP and may consider another run for office. She's not seeking re-election to council in the fall.

But Branscombe won't.

She has confirmed she's run her last campaign and will instead spend more time with her young children.

"You just kind of know when it's time to move to the next thing and this is the time," Branscombe said.

Asked how she felt about the election result, Branscombe said: "You don't run unless you want to win.

"So of course I'm disappointed, both my own coming third, and overall the party lost 10 seats and didn't make any gains. We actually moved backwards."

Final election results

- **Deb Matthews, Liberal:** 16,445 votes (36.6 per cent)
- **Judy Bryant, NDP:** 13,839 votes (30.8 per cent)
- **Nancy Branscombe, PC:** 12,029 votes (26.8 per cent)
- **Kevin Labonte, Green:** 2,465 votes (5.5 per cent)
- **Others:** 184 votes (0.5 per cent

Both councillors are to return to city hall for the remainder of their terms.

MIKE DONACHIE/METRO

Gas plants. McGuinty told cops his office kept few records: Court documents

Dalton McGuinty
TORSTAR NEWS SERVICE FILE

Former Ontario premier Dalton McGuinty told police investigating the deletion of emails in the $1.1 billion gas plants scandal that his office was "verbal in nature" and kept few records, court documents released Friday revealed.

"Mr. McGuinty took the opportunity during the interview to speak about the overwhelming verbal nature of communications inside his office," wrote Det. Andre Duval in a request for a court order for visitors logs to the legislature.

The police interview with McGuinty, conducted in April, is detailed in an "Information to Obtain a Production Order" which the OPP filed with the Ontario Court of Justice.

McGuinty told police he was unfamiliar with records management policies and did not recall talking about the issue with David Livingston, his former chief of staff.

Police say in the court documents that Livingston is under investigation for possible breach of trust, but his lawyer has maintained he did nothing wrong and has broken no laws.

"Mr. McGuinty did mention that the chief of staff is ultimately responsible for all the activities that take place in the premier's office, including records management," wrote Det. Duval.

The court order asked the legislature's manager of technology infrastructure services to produce visitor logs to the Ontario legislature for Peter Faist, a computer expert who was on contract to the Liberals until earlier this year.

Police allege Livingston obtained a special administrator's password to all computers in the premier's office and gave it to Faist, the boyfriend of his deputy, Laura Miller, to wipe the hard drives clean. The OPP earlier said they recovered data from only four of the 24 hard drives seized after they were removed from the premier's office.

The OPP are probing the deletion of documents related to the cancellation of gas plants in Oakville and Mississauga to save Liberal seats in the 2011 election, and the wiping of hard drives during the transition in early 2013 from McGuinty to Kathleen Wynne.

THE CANADIAN PRESS

PCs. Talk of who will take Hudak's place begins

As the results of Thursday's election set in for the Ontario Progressive Conservatives, the party is left to wonder who will step in to pick up the pieces after Tim Hudak's resignation.

Several high profile Conservative politicians — both provincial and federal — are considered possible candidates to succeed Hudak in the party's coming leadership election.

Among the PCs at Queen's Park, veteran MPPs Christine Elliott, Vic Fedeli, and Lisa MacLeod are rumoured to have leadership ambitions.

Fedeli, the Nipissing MPP who served as Hudak's finance critic, said he's still absorbing the shock of Thursday's election, which installed Premier Kathleen Wynne's Liberals with a 59-seat majority.

When asked directly if he had been laying the groundwork for a possible run, Fedeli simply said he expected to be in a PC government Friday morning.

Elliott, the PCs' deputy leader and wife of late federal Finance Minister Jim Flaherty, ran against Hudak in the last PC leadership race. Elliott's name is often mentioned as a possible successor, but she's also rumoured to be considering a federal run in Flaherty's former riding of Whitby-Oshawa.

MacLeod, an Ottawa-area MPP, is one of the PC's most fierce partisans, and, as energy critic, their lead prosecutor on the gas plant scandal.

Whoever takes the top spot will have the results of Thursday's electoral collapse to mull over, along with a hefty financial hangover. A source told Torstar that the PCs are between $7 million and $8 million in debt after the marathon 41-day campaign. TORSTAR NEWS SERVICE

Ontario Premier Kathleen Wynne greets supporters and staff at Queen's Park Friday, the day after winning a majority government. NATHAN DENETTE/THE CANADIAN PRESS

Wynne eager to bring in budget

Back to work. Provincial legislature returns July 2

Quoted

"I'm fully aware of the challenges in front of us."
Premier Kathleen Wynne

Premier Kathleen Wynne isn't wasting any time putting Ontario's newly elected politicians back to work.

The legislature will return July 2 with a speech from the throne and a new cabinet, she said Friday. The governing Liberals will also reintroduce the same budget that triggered the election.

"I'm very eager to move to implement the plan that we brought forward, the plan to invest in this province and to build it up," Wynne said.

The $130.4-billion budget aims to stimulate the economy with big spending, including $29 billion for public transit, roads and bridges over a decade, $2.5 billion in corporate grants to lure businesses to Ontario and better wages for workers in health care and education.

It also promised a made-in-Ontario pension plan, which became a political football with the federal Conservatives during the campaign.

Wynne has made it clear that she'll put public services ahead of wrestling down Ontario's massive $12.5-billion deficit, although she's still promising to eliminate it in three years.

Meeting that target will require some serious spending restraint and Wynne hasn't specified where the cuts will be made. Credit-rating agencies are looking for details too, with Moody's saying the larger-than-expected deficits over the next two years represent a "credit negative" for Ontario.

Wynne, meanwhile, said it's important to make the investments outlined in the budget, but also important to remain fiscally prudent.

"We have to make sure that we do everything that we have said we will do and make that target to eliminate the deficit by 2017-2018 a reality."

THE CANADIAN PRESS

Voter turnout up, but still at roughly 50%

Ontario managed to reverse two decades of declining voter turnout in the provincial election, but observers warned that the increase still meant just over half of the province made it to the polls.

Unofficial results indicated 52.1 per cent of eligible voters cast their ballots, compared to 48.2 per cent in the last election in 2011, Elections Ontario said. That meant 4.8 million Ontarians had a say in shaping the new government.

"It's good news that the ongoing free fall in voter turnout seems to have reversed itself," said Myer Siemiatycki, a professor in the politics department at Ryerson University.

"On the other hand, it's barely over the 50 per cent mark, and we are still left stuck with the reality that basically half the population doesn't vote. That is a sorry reminder of how entrenched our democratic deficit is when it comes to election time."

Voter turnout in Ontario had seen a steady decline from 1990, when it was 64.4 per cent. The latest figures bring Ontario back to the level of engagement at the polls that it saw in the 2007 provincial election. THE CANADIAN PRESS

By the numbers

9.2M

There are 9.2 million eligible voters in Ontario.

Iraqi Shiites mobilize in response to Sunni militant attacks, threats

Iraq. With blessing of Shiite government and spiritual leader, fighters ready to battle Sunni militants, further escalating tensions

Iraqi police and hospital officials say a string of explosions in Baghdad Sunday has killed at least 15 people and wounded more than 30.

In the city centre, a car bomb killed 10 and wounded 21. After nightfall, another explosion hit the area, killing two and wounding five. The third went off near a falafel shop in the city's sprawling Sadr City district, killing three and wounding seven.

Baghdad has seen an escalation in suicide and car bombings in recent months, mostly targeting Shiite neighbourhoods or security forces.

Baghdad

While the city of seven million is not in any immediate danger of falling into the hands of the militants, Sunday's incidents could raise tensions. Food prices in the city have risen, twofold in some cases, because of disruption to transport.

Iranian-backed, pro-Shiite militias — with the support of the Shiite-led government and blessing of the religious establishment — have moved quickly to the centre of Iraq's political landscape, spearheading what its Shiite majority sees as a fight for survival against Sunni militants who control large swaths of territory north of Baghdad.

The emergence of the militias poses a threat to Iraq's unity, planting the seed for new sectarian strife and taking the regional Shiite-Sunni divide to a potentially explosive level.

On Sunday, an Islamic militant group that captured two major cities last week posted graphic photos that appeared to show its fighters killing dozens of captured Iraqi soldiers.

The pictures on a militants' website appear to show masked fighters of the Islamic State of Iraq and the Levant, or ISIL, loading the captives onto flatbed trucks before forcing them to lie face-down in a shallow ditch with their arms tied behind their backs. The final images show the bodies of the captives soaked in blood after being shot.

The grisly images could further sharpen sectarian tensions as hundreds of Shiites heed a call from their most revered spiritual leader to take up arms against the Sunni militants who have swept across the north.

THE ASSOCIATED PRESS

Shiite tribal fighters raise their weapons and chant slogans against the al-Qaida-inspired Islamic State of Iraq and the Levant in Basra, Iraq's second-largest city, 550 kilometres south of Baghdad. NABIL AL-JURANI/THE ASSOCIATED PRESS

Pro-Russia separatists shoot down Ukraine military plane, killing 49

People gather during a rally in Independence Square in Kyiv, Ukraine, on Sunday. Ukraine's new president declared Sunday a day of mourning and vowed to punish those responsible after pro-Russia separatists shot down a Ukrainian military transport plane, killing all 49 crew and troops aboard. SERGEI CHUZAVKOV/THE ASSOCIATED PRESS

Ukraine's new president declared Sunday a day of mourning after pro-Russia separatists shot down a Ukrainian military transport plane, killing all 49 crew and troops aboard.

President Petro Poroshenko vowed to punish those responsible. It was a bitter setback for the Ukrainian forces — the deadliest single incident yet in their escalating battle against an armed insurgency that the government, backed by the U.S., insists is supported by Russia.

The downing of the plane drew condemnation and concern from the White House, European leaders and UN chief Ban Ki-moon. Analysts said it could bring a renewed emphasis on increasing sanctions against Russia.

"(This) will refocus attention on the fact that Russia does not seem to be doing very much to moderate the insurgency (or) the cross-border resupply of separatists," said Timothy Ash, an analyst at Standard Bank PLC. "I would expect the focus to return to sanctions next week."

Poroshenko spoke firmly to glum-faced security officials at a televised emergency meeting Saturday, scolding the head of the country's SBU security service for "omissions" in measures to protect military aircraft.

Luhansk, a city near the border with Russia, is one of two eastern areas where separatists have seized government buildings and declared independence. Ukrainian forces still control the Luhansk airport.

THE ASSOCIATED PRESS

Escalating battle

- Nine crew and 40 troops were aboard the Il-76 troop transport when it went down early Saturday as it approached the airport at Luhansk, the Ukrainian prosecutor general's office said.
- Defence Ministry spokesman Bohdan Senyk said the rebels used anti-aircraft guns and a heavy machine-gun to down the plane, while the prosecutor general's office said rebels used an anti-aircraft missile.

Casey Kasem. DJ, who became king of Top 40 countdown, dead at 82

Casey Kasem, the internationally famous radio broadcaster with a cheerful manner and gentle voice who became the king of the top 40 countdown with a syndicated show that ran for decades, died Sunday morning. He was 82.

Danny Deraney, publicist for Kasem's daughter, Kerri, says Kasem died Sunday.

Kasem's American Top 40 began on July 4, 1970, in Los Angeles. The show continued in varying forms — and for varying syndicators — until his retirement in 2009. In his signoff, he would tell viewers: "And don't forget: keep your feet on the ground and keep reaching for the stars."

Casey Kasem
ERIC JAMISON/THE ASSOCIATED PRESS

Kasem's legacy reached well beyond music. His voice was heard in TV cartoons such as Scooby-Doo (he was Shaggy) and in numerous commercials.

THE ASSOCIATED PRESS

JetBlue

Flight diverted after passenger becomes unruly

A hollering, agitated passenger who ignored pleas to calm down spurred a pilot to divert a New York-Las Vegas JetBlue plane to Detroit over the weekend, according to the airline and a passenger's video.

Flight 211 was headed west from New York's Kennedy Airport when the passenger became unruly, and the captain decided to land in Detroit at around 8:30 a.m. Saturday out of "an abundance of caution," JetBlue Airways Corp. said in statement Sunday.

THE ASSOCIATED PRESS

Ottawa woman's journey from the streets to the law

University of Ottawa. A troubled life left her homeless at 16 — but eight years later, she's a law school graduate

TREVOR GREENWAY
Metro in Ottawa

Raphaëlle Ferland accepts congratulations from University of Ottawa dean of civil law Sébastien Grammond, at her convocation. TREVOR GREENWAY/METRO IN OTTAWA

Eight years ago, Raphaëlle Ferland was living on the streets with a substance abuse problem and what seemed like no way out.

But she never gave up.

The 25-year-old woman spent Sunday at the National Arts Centre, dressed in a black cap and gown, ready to walk across the stage to pick up her law degree.

It's something that Ferland never expected to accomplish, as she struggled through a troubled upbringing that left her homeless at 16.

"If you told me 10 years ago when I was on the streets, if I would ever be in law school, I would have probably just laughed in your face," said a proud Ferland, who graduated from the University of Ottawa's law program Sunday.

"Whereas today, I'm here."

The troubles began for Ferland at a very young age and didn't seem to get any better until she decided to do something about it.

She fled her troubled home life and spent months on friend's couches and "bouncing around" before ending up on the streets.

Several years later, she made her way to law school.

Her struggles were not over, however – ballooning tuition costs became a real challenge.

"I have worked through it all, but there are still struggles ongoing," she said. "If I compare my life now to even just a few years ago, it's not even comparable."

Ferland wants to draw from her street experience to become a criminal defence lawyer – and a voice for those living on the margins who get into trouble with the law.

And she wants to inspire those looking for a way out of homelessness, by presenting herself as a case study that shows it's never too late.

"You just can't give up," she said. "If you want something, there will be so many hurdles in your way. But if you overcome those hurdles, the rewards are enormous."

Online survey. Medicare, peacekeeping top list of Canada's accomplishments

Survey shows Pierre Trudeau (#1) and Terry Fox (#2), seen in 1980, as our top heroes. THE CANADIAN PRESS

Canadians have handed the Harper government a Top 10 list of the country's greatest heroes, featuring some of the Conservative party's greatest adversaries, past and present.

The list, compiled from online consultations in the run-up to Canada's 150th birthday in 2017, includes Pierre Trudeau, Jack Layton, David Suzuki and Lester B. Pearson.

About 12,000 Canadians participated in the online exercise. A five-part digital form included the question: Which Canadians have inspired you the most over the last 150 years?

The Canadian Heritage Department extracted a Top 10 list. Only one clearly identifiable Conservative appears: Sir John A. Macdonald, Canada's first prime minister, in eighth place.

The list was topped by former Liberal PM Pierre Trudeau, followed by Terry Fox; NDP leader Tommy Douglas; former Liberal prime minister Lester B. Pearson; astronaut Chris Hadfield; activist David Suzuki; NDP leader Jack Layton; Sir. John A.; hockey legend Wayne Gretzky; and Romeo Dallaire, soldier and senator.

The consultation also asked which of Canada's accomplishments make you most proud?' Medicare topped that list, followed by peacekeeping, then the 1982 Charter of Rights and Freedoms. THE CANADIAN PRESS

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Yorkdale Mall

Northern Gateway. With approval likely, pipeline opponents plot a new plan

Resigned to the idea that federal government approval of the Northern Gateway pipeline is probably inevitable, opponents of the project are formulating a plan to make sure British Columbia's politicians remain opposed to it.

For months now, members of the Dogwood Initiative have been preparing for a provincial referendum akin to the vote that forced the Liberal government to repeal the harmonized sales tax in British Columbia.

Should Ottawa give the pipeline the go-ahead by this Tuesday's deadline and the province issue the necessary permits and authorizations, spokesman Kai Nagata said his group will be ready.

"In a perfect world, politicians would do what they say they're going to do and the province of British Columbia's clear rejection of Northern Gateway would stand," Nagata said. THE CANADIAN PRESS

Genetically modified

Seeds of discontent dog plan for GMO field maps in Oregon

Oregon is looking into mapping GMO field locations across the state after the governor ordered it last fall, but the process faces many challenges.

The move was spurred by several cases of genetic contamination in the region that rendered non-engineered crops unsellable on the export market.

If the mapping goes ahead, Oregon would be the first state to mandate measures for coexistence between modified and non-modified crops.

THE ASSOCIATED PRESS

Trust your gut and mind

HOW TO ROLL
Alison Griffiths
metronews.ca

Short of owning a crystal ball — and I've never been able to find one that worked — successful investing is about following two basic rules. They won't make you rich, in and of themselves, but they will prevent you from becoming poorer.

1. Ask questions

Financial advisers of all stripes should consider education as part of their job.

Unfortunately, too many are focused on selling product in a largely commission-based industry. Because of this, investors must be proactive.

There's no such thing as a stupid investment question. The industry is unnecessarily riddled with jargon and it can take considerable probing to uncover what the bafflegab means.

If you don't get an answer, or don't understand the one you got, ask again.

Financial advisers can't predict the future with a crystal ball, but skilled advisers may help you make smart investment decisions. CHRISTIAN SCHNETTELKER/FLICKR

Also, request examples and visual representation of what the adviser is saying.

Sadly, many in the industry don't really fully understand what they're selling. Often they avoid being exposed by making people feel stupid, which only adds to their confusion.

If you don't understand how a product works or what it does to benefit your portfolio, don't buy it.

2. Trust your gut

Without fail, virtually everyone who has ever told me about a investment they regret has also confessed they felt uncomfortable or uncertain from the get-go.

You are far less likely to lose money by not doing something than by taking a leap into the unknown. Consider that there's a stock market correction of 20 per cent once every five years, on average. Do you want to take chances with money intended for your retirement? Don't forget, it can take up to a decade to recover from a downturn.

This rule doesn't mean you should invest based on emotion. Far from it! However, I have seen time and time again that those who trusted a nagging feeling were saved from some very bad investments.

If in doubt, keep your money in a higher interest savings account and bonds until you are confident of a product or strategy.

You might not make much money, but it's far better than losing it.

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PRELIMINARY APPROVAL NOTICE OF PROPOSED SETTLEMENT AGREEMENT WITH THE ATTORNEY GENERAL OF NOVA SCOTIA

TO: ***Former Residents of the Nova Scotia Home for Colored Children***
RE: ***Elwin et al. v. Nova Scotia Home for Colored Children et al.*** **– Hfx. No 343536**

What is this notice?

A law suit against the Province of Nova Scotia has been conditionally settled regarding allegations of abuse suffered by former residents of the Nova Scotia Home for Colored Children. If you lived at the Nova Scotia Home for Colored Children at any point between January 1, 1921 and December 31, 1989, you may be a member of the Class. Your legal rights may be affected by this settlement. The Settlement Agreement must now be approved by the court.

What are the terms of the settlement?

The Province of Nova Scotia will pay $29,000,000.00 into a trust account. After court-approved legal fees, taxes, disbursements, and administration fees are deducted, that money will be distributed to eligible former residents in accordance with an agreed-upon plan. You can read the full settlement agreement online at: www.voicesociety.ca, www.at-home-site.org, www.nshccsettlement.com and www.wagners.co.

What are the next steps?

A court hearing to approve the settlement agreement is set for July 7, 2014 in Halifax. You may attend but you do not have to. If you want to object to the Settlement Agreement, Wagners must receive your written objection - by July 4, 2014 OR you may also object in person on July 7, 2014 by appearing at the court hearing on July 7, 2014, to be held at the Law Courts, 1815 Upper Water Street, Halifax, Nova Scotia.

Do I have to do anything right now?

No. You may make a claim after the settlement has been approved. Another notice will be published after the settlement is approved giving more detail on how to make a claim.

Will I have to pay anything?

No. Class Counsel will ask the court to approve legal fees, disbursements and taxes, payable out of the settlement fund. Any such fees have to be approved by the court as fair and reasonable.

How can I get more information?

For more information, contact Class Counsel (lawyers for the settlement Class):

Wagners
1869 Upper Water Street
Suite PH301, Pontac House
Historic Properties
Halifax, NS B3J 1S9
Office: 902-425-7330
Toll Free: 1-800-465-8794. Fax: 902-422-1233
Web: http://wagners.co

This summary notice has been approved by the Supreme Court of Nova Scotia.
Do not Contact the Court about this Notice.

SEXUAL ASSAULT A MEN'S ISSUE

URBAN COMPASS

Todd Devlin
london@metronews.ca

If you've ever flipped through a men's magazine, you know the usual offerings: A cover story on a male celeb living large, some exercise tips ("craft that six pack in two weeks"), a section on relationship and sex advice, and maybe some recipes to "keep that six-pack."

I picked up one of these magazines (which had Mark Wahlberg on the cover) at a friend's place recently, and besides the usual fare, there was a provocative headline that caught my attention. "The War on Men: Are We Getting the Shaft?"

Besides the boorish innuendo, I found the headline off-putting for another reason. The word "war" conjures up violence, of course, and the story, which I correctly assumed was about men fighting back against feminism, came on the heels of a horrific event in Santa Barbara, where a 22-year-old man killed seven people, including himself, and injured 13 others in a mass shooting that was fuelled — at least in part, according to authorities — by his hatred towards women. Sadly, there isn't much to learn from these specific "acts of crazy" (for lack of a better term). But they do bring to the surface some underlying themes in society that can be discussed to prevent anything even remotely similar from happening again. Cue the #YesAllWomen campaign on Twitter.

The #YesAllWomen hashtag, which opened a dialogue about misogyny and violence against women, countered the oft-heard argument that "not all men" are evil, abusive misogynists. No, of course they aren't. However ... yes, all women are at risk of being victimized by sexism, discrimination and violence.

As much as we'd like to think we've progressed further than we have, we still live in a society where women are objectified far too often. Take, as an example, the Miss USA pageant. Incidentally, this year's event included a cringe-worthy moment when Nia Sanchez, the ultimate pageant winner, was asked about the problem of sexual assault on college campuses. "More awareness is very important so that women can learn to protect themselves," Sanchez answered. Then, after mentioning her black belt in taekwondo, she added, "You need to be confident and be able to defend yourself."

It was a disturbing answer, not only to feminists everywhere, but to anyone who wishes for a world where victims of rape and sexual assault aren't told that it's their responsibility to "avoid" such crimes.

To say that women need to be more aware of the dangers of sexual assault is to miss the point entirely. Self-defence is not the solution to the problem. Not wearing short skirts is not the solution to the problem. Not walking alone at night is not the solution to the problem. The solution to the problem? Men not sexually assaulting women.

In other words, this is a men's issue. Maybe a new men's movement is needed. How about #AllMenShould. All men should take a stance against sexual assault and violence against women and do everything in their power to make the world a safer place for women everywhere.

ZOOM

Follow Me To ...

The "Follow Me To" series, by Russian girlfriend-boyfriend Nataly Zakharova and Murad Osmann, is attracting a lot of attention on social media and leading to new opportunities for the couple. COURTESY MURAD OSMANN

Sexy viral photos are well in hand

Since 2011, images of a sexy model leading her significant other around the world have captivated thousands of social media users. The "Follow Me To" series by Russian girlfriend-boyfriend Nataly Zakharova and Murad Osmann returns with pictures from Hong Kong, where they've been commissioned by the local tourism board.

METRO WORLD NEWS

Accident leads to Hong Kong hire

Thanks to the viral success, Hong Kong's tourism board has hired the couple to promote some of the city's main tourist attractions across the city, like the Choi Hung Estate. But like many ideas, the project started by accident when during a trip to Barcelona Nataly grabbed Murad's hand to catch his attention when he was too busy taking photographs.

METRO WORLD NEWS

The future

- The "Follow Me To" project has certainly made a huge social media impact, having garnered more than 1.1 million followers on its Instagram account.
- The couple are hoping to make some snappy travel guides on video, in an effort to allow their followers to get to know them and find out the backstory of their pictures.

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metro AR

In this issue, you can find AR enhancements on page 11 in Scene and page 17 in Sports

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MetroTube

metro AR

Cat laps up punishment

ANDREW FIFIELD
andrew.fifield@metronews.ca

If you've ever tried to save a couch from the unwanted advances of a cat, chances are a spray bottle was the perfect partner as a bad cop. It's quiet. It's clean. But most importantly, it's effective.

Well, it is at least most of the time, but definitely not in the case of our pal Joey here. For the sake of his people, we're hoping he manages to keep his own nose clean because the water bottle doesn't exactly seem like a behaviour-modifying punishment for this guy. (Hilary D/YouTube)

JOHN MOORE/GETTY IMAGES

metro

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Haven't heard Everything We Touch yet? Scan the photo with your Metro News app to see the video!

Say Lou Lou: Double the sounds, double the trouble from sisters

Symbiosis. Twin dream-pop singers are having plenty of success and maybe a little too much fun

RICHARD PECKETT
Metro World News in London

Miranda, one half of band Say Lou Lou, has recently returned from a short hospital visit after drinking a dram too much whisky at a recent U.K. festival where they supported Kelis. The identical twin sisters — Miranda (brunette) and Elektra (blond) Kilbey — insist that the booze-fuelled post-party session was a once-a-year blowout that they put down to the adrenalin and lack of dinner. Really, they've no reason to explain themselves: the half-Swedish and half-Australian musicians have every right to be on a high with their EP Everything We Touch dropping to the applause-like click clatter of keyboard pundits.

That said, the singer-songwriters aren't the type to believe the media hype: They've been grounded in the fickle music industry since birth with both parents fronting bands — Karin Jansson (Pink Champagne) and Steve Kilbey (The Church). Here, the 23-year-old dream-pop duo, who trade sibling snipes faster than a rap battle on speed, come to Metro for some therapy on the run-up to the release of their debut album, due out this fall.

Elektra, left, and Miranda Kilbey. CONTRIBUTED

It sounds like you had a good night at the Great Escape festival.
Miranda and Elektra Kilbey (together): We opened for Kelis, it was so much fun. It was a really good night.

Miranda, what happened to you?
Miranda: Ugh, yeah, I fell over and hit my head after the party and that was my own fault. It was Jameson's fault.

Jameson... the whiskey?
Miranda: Yeah [laughs].

Your night sounds very rock 'n' roll.
Miranda: Everyone says that, but you're like no, but yeah, but no, but…

Is it just a bit grubby?
Miranda: Yeah [laughs].

It seems like you've spent most of your lives on tour. Where do you call home?
Elektra: Honestly, we've been in London the most. We had two flats but we don't now because we have so many festivals this summer and it's going to be like in and out with two days here and one day there. We're really craving a base now. The amount of time spent sleeping on couches and hotels is getting ridiculous.

Miranda: Yes. It's ridic. We're constantly on tour. It's weird, I feel like we didn't wash our clothes for two weeks. We were walking around with dirty socks; I feel now that I need someone to look after me a bit.

Were you feeling a bit homeless swigging Jameson with dirty socks?
Miranda: Yes

Elektra: Miranda, we were staying in a hotel!

Miranda: I still felt homeless because all our stuff was dirty and nobody was looking after us.

Miranda, you're the older twin, so shouldn't you be the more dominant sister?
Miranda: I'm a very strong four-minutes-older, but Elektra is the more strong-willed and stubborn one. But I'm the kinder sister.

Elektra: She is not the kinder sister; she is the wimpier sister.

Miranda: I'm not wimpy, Elektra.

Elektra: I wouldn't say wimpy, but I would say soft-hearted. She is more sensitive and emotional.

Miranda: Elektra, you are cold-hearted. She judges people too quickly.

Elektra: It's called human instinct and I follow it.

Miranda: If people make mistakes like I did last week, she makes you feel bad about it.

Elektra: This isn't Dr. Phil-style therapy, Miranda.

Miranda: This is Dr. Rich.

This is quite a strange dynamic. So who's the evil twin?
Miranda: Elektra.

Elektra: I'm not an evil person. If you have to make one evil and one good, then I guess I'll be the evil one if that means being great, determined and strong-willed.

Do you have a twin form of non-verbal communication?
Miranda: Yes, facial expressions. Elektra does this wide-eyed face and bounces her head to tell me to shut up.

Elektra: And when we're hanging out with people who are annoying or we don't like, we give each other glances and we hate them in our heads. Unfortunately, Miranda, we can't see each other, so we can't tell each other how annoying Rich is, but I guess we'll do it later.

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Ben Affleck. ALL PHOTOS GETTY IMAGES

Jen would rather Ben gamble than spend wild nights out on the town

Maybe Ben Affleck's gambling problem isn't such a problem, as wife Jennifer Garner is reportedly standing by him despite taking issue with his casino habit, according to Radar Online.

"Jen is happy with Ben gambling because she feels like it keeps him focused," a source says.

"The alternatives are working, gambling and spending time with family or out on the town partying. Gambling replaces that last option.

"He's either working or gambling. His free time is non-existent.

"Now she has that rein on him, and gambling keeps him in check."

METRO WORLD NEWS

That's Dame Angelina to you

Angelina Jolie, actress, director, activist and now Dame received the title from The Queen in the annual list of birthday honours this weekend. Jolie was recognized for her work fighting against sexual violence in war zones. "To receive an honour related to foreign policy means a great deal to me as it is what I wish to dedicate my working life to," Jolie says in a statement.

"Working on the Preventing Sexual Violence Initiative and with survivors of rape is an honour in itself. I know that succeeding in our goals will take a lifetime and I am dedicated to it for all of mine." Daniel Day-Lewis and Downton Abbey star Maggie Smith were also recognized Sunday.

METRO WORLD NEWS

Angelina Jolie

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Have they found love in a hopeless place?

STARGAZING
Malene Arpe
scene@metronews.ca

What could it possibly mean that Rihanna and Chris Martin went out to dinner together? 1) They're having a torrid love affair. 2) They are working on a musical collaboration. 3) Gwyneth Paltrow told them to so that she may post a GOOP entry about consciously coupling her ex with another conscious being. 4) They were hungry at the same time.

Jennifer Lopez's now-ex Casper Smart reportedly didn't want to be known as "just her boyfriend." Henceforth, then, he shall be known as "just that guy who used to date a really hot superstar and now delivers your pizza."

Brad Pitt wears an adorable T-shirt with a drawing of himself and Angelina made by one of their children. That explains why Gwyneth Paltrow this past week was heard yelling "What's wrong with you? Why don't you love me? What am I supposed to tell your trendy new stepmom, Rihanna?" at Apple and Moses.

Cressida Bonas, who dated Prince Harry and was this close to becoming a princess if she would have just bothered to comb her hair, has been cast in a movie starring Judi Dench and Matthew Morrison. She'll play the girl who loads the pizzas into Casper Smart's car.

Performing at a concert, Miley Cyrus flung away a cardboard cut-out of Selena Gomez's face while singing the song FU. Calm down, everyone. It's not a feud or anything. FU stands for "Fly, Unbelievably beautiful friend person. I Fove U so much."

Kate Hudson says that "people have a right to [feel betrayed]" by her exes Lance Armstrong and Alex Rodriguez's predilection for performance-enhancing substances. She, on the other hand, is just happy no longer being asked to "pick up my prescription from Doctor Pills down behind the dumpster while I look at my glutes in the mirror."

Twitter

@rickygervais
Have a great day

@NiallOfficial
Eat a lot and chill on the couch ! Are the two things I'm very good at ,and both will be done today.

@joeldavidmoore
Try not looking at yourself first when you see a group picture you're in.

May The Force be with Ford

Harrison Ford's injuries on the set of the new Star Wars movie may be more severe than producers are letting on. While Ford reportedly hurt his ankle on the London set and is recovering, sources tell the Sun that there's a lot more to it. "We were told he had some pelvic injuries and may have had a chest X-ray," says a source. Ford was airlifted to Oxford's John Radcliffe Hospital after a piece of the Millennium Falcon fell on him.

It takes guts to stop being a duck stuck in a financial rut

Changing bad habits. If you want to build a financial safety net, you must start by opening a savings account

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Are you a duck trying to stay financially afloat in a sea of debt? ISTOCK

Are you stuck?

From time to time I meet folks who are determined that they can't change their financial circumstances. Take Anna. She's got a job that pays her about $12 an hour, a $15,000 student loan and a couple of credit cards with balances. She can't see any way out of her current circumstances. Anna is one duck stuck in the muck. And she's among a flock of people so convinced they can't that they don't even try.

I believe that a lot of the problems people have dealing with their money stem from the simple Law of Inertia. The Law of Inertia says that a body at rest will remain at rest until some force acts upon it. And a body in motion will remain in motion. It is so much easier to maintain the status quo than to change.

Financial inertia is an epidemic. In an experiment conducted in Britain, the Brits' financial inertia was so great that the majority of people wouldn't even bother picking up a free £5 note if it were offered to them. What possible difference could £5 make?

Hey, if you don't mind being the duck that's stuck, no prob. Just stop your whining. But if you're determined to do something differently so you have a different outcome, you must start somewhere. You cannot save $10,000 until you save $1,000. You cannot save $1,000 until you save $100. You cannot save $100 until you save $10.

If you want to build a financial safety net, you must start by opening a savings account and creating an automatic savings program. If you want to stop spending money you haven't yet earned, you must stop carrying your credit cards. You must change what you are doing or not doing, to something that works for you instead of against you.

I love change. Change is exciting. Change brings challenge, learning and a sense of the new. Change is full of promise. Change is audacious. It takes guts to change. It takes real guts. And guts are something that seem to be in short supply. If you have them, you'll make it. If you don't, so sorry: No guts, no glory.

So the question you have to ask yourself today is this: Do I have the guts to change?

If your answer is "no," then don't waste your time whining and beating yourself up. You've made your choice, live with it graciously. But if you are brave, and ready to commit — if the answer is "yes" — then what are you going to change today? What small step will you take to move you from being at rest to being in motion? What will you do (not think about, not plan, not worry about, not whine about) to change what your life looks like?

It doesn't matter whether you're old or young, rich or not-so-rich, highly educated or not. All over the world — and right here at home in Canada — people are woefully unprepared to handle their money. The problem is so huge that the Canadian government stepped in to see if it could help. After months of consultation and a fancy report, we got ... nothing. Zip, zero, zilch. Why? It seems nobody understands where to start.

Truth is, financial responsibility is our responsibility. There is no magic can-opener that will open up our skulls and pour in the information we need to know to be financially literate. And all the knowing in the world won't do a scrap of good if folks aren't prepared to do something.

So where do we start? Don't even know where to start? Head on over to www.mymoneymychoices.com and sign up. You'll be given a road map designed to build your financial literacy along with strengthening your financial foundation. Small steps forward will get you to where you really want to be.

Make it a meatless Monday

This recipe serves four. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD
From your fridge to your table in 30 minutes or less

I love chicken, beef and shrimp satays, but if you're a vegetarian or you just want a healthy alternative for protein, try these Tofu and Veggie Satays with Black Bean Hoisin Sauce.

A four-ounce (half a cup) serving of firm tofu contains only 120 calories, seven grams of fat and as much calcium as an eight-ounce (one cup) serving of cow's milk. Compare this to beef, which has more than 200 calories and 15 grams of fat per four-ounce serving.

Health-wise, tofu is known the lower the risk of heart disease, certain cancers, Type 2 diabetes, and obesity.

Flavour-wise, tofu absorbs whatever flavours it's cooked with, which makes it versatile.

Directions

1. Thread bell peppers, onion and tofu alternately on 4 long or 8 short wooden or metal skewers, dividing the vegetables evenly among them. (If using wooden skewers, soak them for at least 20 minutes in water before using them.)

2. Sauce: Whisk the hoisin sauce, sugar, black bean sauce, low-sodium soy sauce, sesame oil, freshly minced garlic and ginger in a bowl until smooth.

3. Spray a barbecue or a non-stick grill pan with cooking oil and heat to medium.

4. Grill satays, turning occasionally, for 10 minutes or until browned on all sides.

5. Brush half the sauce over the satays and continue cooking, turning occasionally, for another 10 minutes or just until the vegetables are soft. Garnish with cilantro and serve with the remaining sauce on the side.

Ingredients

- 1 large green bell pepper, cut into 16 squares
- 1 large red bell pepper, cut into 16 squares
- 1/2 sweet onion, cut into 16 pieces
- 12 oz firm tofu, cut into 16 cubes (2-inch squares)

Sauce

- 1/4 cup hoisin sauce
- 1/4 cup packed brown sugar
- 5 tsp black bean sauce
- 5 tsp low-sodium soy sauce
- 1 tbsp sesame oil
- 1 1/2 tsp minced fresh garlic
- 1 1/2 tsp minced fresh ginger
- 1/4 cup chopped cilantro or parsley

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Money 101. Two couples, one year to make them richer

Oh, baby! Look at those numbers grow

I'm a financial coach guiding young Canadians to financial success, and since January 2014 I've coached two couples. In only six months, they've grown their combined net worth by more than $46,000. Want to learn how? Follow along as I coach them for the remainder of 2014. – *Lesley-Anne Scorgie/for Metro*

Part of Anne-Marie and Peter's parenting to-do list is to start a registered education savings plan. SHUTTERSTOCK

Carolina and Jose kept moving costs down by relying on close friends and family for help. SHUTTERSTOCK

Anne-Marie and Peter

Anne-Marie and Peter welcomed their daughter into the world at the end of May.

They're thrilled to be new parents as they adjust to feeding and sleeping schedules along with reduced maternity leave income.

What's top-of-mind for the couple is establishing their daughter's registered education savings plan (RESP).

They completed the government forms in the hospital to set up her social insurance number and birth certificate, and can now meet with their local bank to establish the account.

An RESP allows parents to save for their child's education and benefit from government grants of up to $7,200 through the Canadian Education Savings Grant and $2,000 through the Canada Learning Bond (for lower income families) over the lifetime of the account.

Parents are allowed to contribute up to $50,000 over the lifetime of the account.

Like any savings program, the earlier you save, the greater the money benefits from the power of compounded interest and reinvested returns.

While Anne-Marie is on maternity leave they plan to contribute $25 per month to the RESP and have reduced their aggressive debt repayment plans to $200 from $800 per month.

Peter is working diligently to secure freelance contracts valued at $18,000 and finalize his life insurance coverage.

Once the couple has adjusted to their new schedule, they will return their attention to their investment portfolio: exploring various mutual, index and exchange traded funds that are suited to their balanced investment personalities.

Anne-Marie and Peter's net worth has improved $19,700 since January.

Homework:
Anne-Marie and Peter will establish an RESP and select investments better suited to their investment profile.

LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR. SHE RELEASED HER LATEST BESTSELLER, WELL-HEELED, IN APRIL.

Anne-Marie and Peter recap

- Location: Toronto
- Ages: 37 and 33
- Occupations: Broadcasting and sports editing
- Total household income: $110,000
- Life stage: First child arrived May 2014
- Financial savvy: Medium — they use budgets to help guide spending, have some retirement savings, and are committed to paying off debt.
- Rent or own: Rent
- Top goals for 2014: pay off debt, start an RESP, and start saving a down payment.
- Current net worth: $85,700
- Homework from last month: Evaluate balanced investments, have baby, apply for a SIN for the new baby and get ready to set up an RESP opportunities for Peter.

Carolina and Jose

Carolina and Jose took possession of their new home mid-June and set out to keep moving costs low — renting a moving van, leaning on family and friends for babysitting and sheer muscle. The couple has prepared well for their first 60 days, which can be the most expensive, by working through a financial checklist:

- Switch over utilities, insurance and taxes to equal monthly installments.
- Negotiating insurance rates and coverage through a broker.
- Setting aside approximately $500 for carpet cleaning, furnace and water tank maintenance.
- Planning for at least an extra $100 on their first grocery bill for "what if" expenses like cleaning supplies.
- Setting up mail forward services for approximately $50.
- Ensuring they've got their first bi-weekly mortgage payment of approximately $550 ready for withdraw.

Jose was able to negotiate pro-rated rent on their existing property for June as the couple took possession mid-month. They also worked with their mortgage broker to reduce their rate further to 2.99 per cent, taking advantage of the recent reductions in five-year fixed mortgage rates.

By using their recent tax refund, and a little extra cash from Jose's job since his raise took effect, they scraped together closing costs of approximately one per cent, or $2,500, of the new home's value.

Amidst the moving excitement, the couple is also celebrating Jose's new role as a safety co-ordinator at his roofing company. Besides the timely bump in income, Jose's company is paying for his national construction safety officer certification, which will enhance his career prospects. Carolina is considering a part-time multi-level-marketing role with a skin care company, which she can do from home.

Carolina and Jose's net worth has improved $26,400 since January.

Homework:
Jose and Carolina will work through their 60-day checklist and get comfortable in their new home.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

Carolina and Jose recap

- Location: Calgary
- Ages: 33 and 32
- Occupations: Stay-at-home mom and roofing
- Total household income: $62,000
- Life stage: Three daughters aged five, three and one
- Financial savvy: Medium to low — they recently established a budget, are very frugal spenders, have no retirement savings, and are committed to paying off debt.
- Rent or own: Own
- Top goals for 2014: Pay off debt, buy a house and visit family.
- Current net worth: Minus $7,300
- Homework from last month: Move into their new home without busting their budget.

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The unexpected majors of celebrities

Before these stars were red-carpet regulars, they were ordinary post-secondary students who declared their majors and took prerequisite classes just like everyone else. Find out which celebrity shared your major below.

METRO WORLD NEWS IN NYC

Kourtney Kardashian

The only one of the Kardashian sisters to earn a university degree, the reality star graduated from the University of Arizona with a bachelor in theatre arts and a minor in Spanish.

Ashton Kutcher

Before he rose to fame playing the dumber-than-a-box-of-rocks Kelso on That '70s Show, the sitcom star and producer was planning to study biochemical engineering at the University of Iowa.

Kunal Nayyar

The Big Bang Theory co-star studied business and finance at the University of Portland, arriving as an 18-year-old freshman from India in 1999.

Carrie Underwood

A year after winning American Idol, Underwood graduated magna cum laude from Oklahoma's Northeastern State University with a bachelor's degree in mass communication with an emphasis in journalism in 2006.

Jon Hamm

Decades before his character Don Draper enthralled fans, Hamm was an English major at the University of Missouri, even briefly teaching middle school after graduation.

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'Round the world wisdom

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LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

Closure is never as simple as it appears from the outside looking in. Within hours of crossing the finish line of my first multi-day ultra-marathon and reaching the end of an emotionally charged six-month project, I experienced a feeling of emptiness. Just like that, it was over.

Accomplishing one goal can be a key to unlocking greater potential. ISTOCK

Twenty-four hours later, on the plane bound for home, I reflected on my experience in the Gobi. I had felt more alive than ever before, despite being completely exhausted. My rational brain called out for me to put my feet up and resume life as it had been before, while the emotional side was drawn by a gravitational pull toward what could or should be next — a common sensation for anyone completing a long journey.

By the time I landed, my bucket list had grown by 100 new items, each one an event with the potential of yielding another once-in-a-lifetime experience. My intent was simple: Each year, I would purposefully knock two or three of them off the list. At the age of 45, my own finish line had suddenly come into focus, along the fact that I was closer to the end of my own "race" than the beginning. This realization was a tipping point, triggering the urge to live without regret and stop delaying nourishing pursuits.

Upon my return, I queried my family about their own dreams and ambitions so we could merge our lists. I broke down the "buckets" by category: things to see, things to accomplish, things to do, and things to learn. I then attached a "by when" date, a specific deadline so the item would find a place in my calendar. Finally, I wrote out who I would do each one with: family, spouse, kids, business partners, friends, strangers, or solo.

Sometimes, coming out of a difficult journey offers an unexpected gift: the presence of mind to finally think about everything else that is possible before it is too late.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

Scan the image to view a gallery of the Stanley Cup celebrations in Los Angeles

4 SPORTS

Doughty and Carter

Hero's welcome ahead for champs

The second Stanley Cup for Jeff Carter and Drew Doughty in three years has helped solidify London's reputation as one of Canada's top sports cities, Tourism London general manager John Winston said Sunday.

Between the Stanley Cup playoffs and the recent Memorial Cup in London, the city has received a good deal of television air time.

Winston said he would wait to hear from the Doughty and Carter families before any Stanley Cup plans for London are put in place.

"Maybe they could wear their Olympic gold medals at the same time," Winston said, with a smile. "It would be crazy."

DAVE LANGFORD/METRO

MLB

Tigers pop in a win over Twins

J.D. Martinez's ninth-inning sacrifice fly scored Torii Hunter with the winning run and the Detroit Tigers beat the Minnesota Twins 4-3 Sunday.

Hunter led off the ninth with a single off Casey Fein (3-3), and Miguel Cabrera rifled a line drive that almost knocked over shortstop Danny Santana as he made a leaping catch.

Victor Martinez then hit a fly ball to the right-field wall, and Oswaldo Arcia dropped it for an error. That put runners on the corners, and J.D. Martinez followed with a fly to medium-depth centre. Hunter never hesitated, and scored easily when Sam Fuld's throw was badly off line.

THE ASSOCIATED PRESS

Local Kings rolling in hockey bling

NHL. Doughty and Carter pull off ultra-rare feat in winning both Stanley Cup and Olympic gold in same year

DAVE LANGFORD
dave.langford@metronews.ca

London's Drew Doughty celebrates the Los Angeles Kings' Stanley Cup-clinching Game 5 win over the New York Rangers on Friday night in Los Angeles. CHRISTIAN PETERSEN/GETTY IMAGES

London hockey players Jeff Carter and Drew Doughty have had a year like few others.

And along the way, they've made extremely good cases for being two of the best hockey players this city has ever produced.

Carter and Doughty became just the seventh and eighth players to win Olympic hockey gold and the Stanley Cup in the same year.

The cup title came as the result of an incredible 3-2 double-overtime victory in Game 5 of the championship final Friday. The win over the New York Rangers ended a 26-game playoff run.

The Olympic gold was won with the Canadian team in Sochi in February.

Carter and Doughty join New York Islander Ken Morrow (1980), Detroit Red Wings Brendan Shanahan and Steve Yzerman (2002) and Chicago Blackhawks Duncan Keith, Brent Seabrook and Jonathan Toews (2010) in winning gold and the Stanley Cup in same year.

Kings coach Darryl Sutter said Doughty predicted the Kings would also win the cup.

"Drew told me he was going to win two in one year. I think he told me two or three times," Sutter told The Canadian Press after the game Friday.

History of success

"We know what it takes to win and we know if we play our game we'll be successful."

London native Jeff Carter

In both cases, the London duo were not baggage, but key components.

Carter finished second in playoff scoring with 25 points, including 10 goals, in 26 games, and Doughty set a team record for playoff scoring by a defencemen with 16 points.

It was also the second Stanley Cup title for both in just three seasons.

Carter and Doughty are just two of 50 NHL players this city has produced. Carter has blossomed since joining the Kings three years ago and many say Doughty is the best defenceman playing in the NHL.

Combine that with Olympic gold — two for Doughty — and you can see why the case can be made for the duo perhaps being the best ever from the Forest City.

The two Craigs — Simpson and MacTavish — are in the mix at forward (Eric Lindros did most of his growing up elsewhere) and Rob Ramage and Doug Jarrett are up there in the defence category.

And by the way, Carter is 29 while Doughty is just 24.

WITH FILES FROM THE CANADIAN PRESS

Leo powers Argentine machine past Bosnia

World Cup. Messi's 65th-minute goal proves to be difference in Group F match

Lionel Messi scored a stunning second-half goal to push Argentina to a 2-1 victory over World Cup debutant Bosnia at the Maracana stadium on Sunday in the Group F opener for both teams.

Messi lifted Argentina in the 65th minute, moving in from the right and striking a low left-footed shot off the inside of the post behind Bosnian keeper Asmir Begovic. It was just the second World Cup goal for Messi, adding to one he scored eight years ago in Germany.

Vedad Ibisevic scored a close-in goal in the 85th to give Bosnia hope.

Argentina's Lionel Messi scores against Bosnia in Rio de Janeiro on Sunday. VICTOR R. CAIVANO/THE ASSOCIATED PRESS

Bosnia got the worst possible start to its first World Cup when Sead Kolasinovic scored an own goal after just three minutes.

Messi sent a free kick from the left flank into the penalty area that Marcos Rojo barely touched before the ball bounced off Kolasinovic's foot into Bosnia's goal.

For much of the match Argentina struggled to find ways to create danger as Bosnia gave Messi no space to work his magic.

Coach Alejandro Sabella put in striker Gonzalo Higuain at halftime allowing Messi to take a step back. That shift proved crucial, getting the Barcelona star more involved in the action.

THE ASSOCIATED PRESS

Sunday's other games

- **France 3, Honduras 0.** Karim Benzema scored twice and created a third that needed to be confirmed by goal-line technology.
- **Switzerland 2, Ecuador 1.** With just seconds left in the third and final minute of stoppage time, substitute Haris Seferovic finished off a length-of-the-field move by slamming home a close-range shot for the winning goal.

Jays get even with Orioles

Orioles catcher Nick Hundley tags out the Blue Jays' Jose Bautista at home plate on Sunday in Baltimore. Luckily for the Blue Jays, the failed scoring opportunity didn't come back to haunt them as they went on to win 5-2. J.A. Happ pitched effectively into the seventh inning for the victory and Dioner Navarro had three hits and two RBIs. The four-game series was split two games apiece. ROB CARR/GETTY IMAGES

PGA

Kaymer dominant in winning U.S. Open

Martin Kaymer returned to the elite in golf with a U.S. Open victory that ranks among the best.

A forgotten star for two years while building a complete game, Kaymer turned the toughest test of golf into a runaway at Pinehurst No. 2 on Sunday to become only the seventh wire-to-wire winner in 114 years of the U.S. Open. Kaymer closed with a 1-under 69 for an eight-shot victory. THE ASSOCIATED PRESS

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Horoscopes

♈ Aries
March 21 - April 20
The Sun remains in the communications area of your chart until the 21st, so if there are things you need to say it might be best to say them now. Avoid confusion by making sure your words are simple.

♉ Taurus
April 21 - May 21
Money matters will take up a lot of time today. It may all seem trivial but you must take it seriously. The more financial loose ends you tie up now the more fun you can have later on.

♊ Gemini
May 22 - June 21
The last few weeks have been enjoyable and there's no reason why the next few days should not be fun as well. However, with Mercury, your ruler, moving retrograde some issues need to be taken seriously.

♋ Cancer
June 22 - July 23
Do you have a clear idea of your long-term ambitions? If not you would be wise to get your thoughts in order over the next few days. Vague daydreams won't come true.

♌ Leo
July 24 - Aug. 23
Be careful you don't let slip any personal information today or you could find it being used against you by a rival. Sometimes you can be too trusting for your own good.

♍ Virgo
Aug. 24 - Sept. 23
When the Sun moves into one of the more positive areas of your chart next weekend you can speak up and let powerful people know why you oppose them. For now though you are advised to bite your tongue.

♎ Libra
Sept. 24 - Oct. 23
Make the most of the Sun's last few days in your fellow Air sign of Gemini to do the things you really enjoy. When the Sun changes signs on the 21st you will find yourself loaded down with new responsibilities.

♏ Scorpio
Oct. 24 - Nov. 22
Get your financial affairs in order. If you need to cut costs then do what has to be done, even if it affects your quality of life in the short-term.

♐ Sagittarius
Nov. 23 - Dec. 21
You may be tempted to bring a partnership of some kind to a close but don't be too hasty. The planets indicate there is life in it yet, so hang in there and find ways to make it work.

♑ Capricorn
Dec. 22 - Jan. 20
You'll have to accept more of a supporting role over the next few days. Capricorn is a cardinal sign, which means you like to take the lead, but sometimes it's better to let others take responsibility.

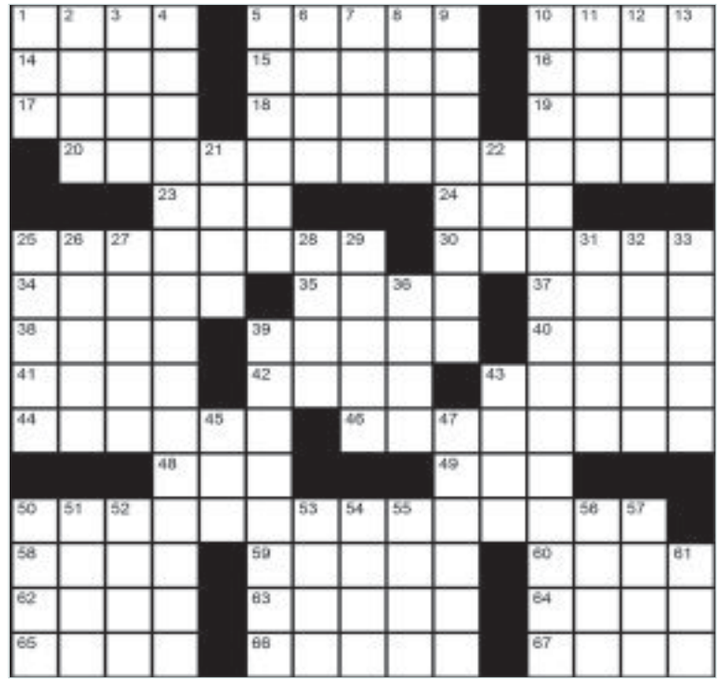
♒ Aquarius
Jan. 21 - Feb. 19
When the Sun changes signs next weekend your workload is likely to increase so the fewer things you have on the go now the better. Cut back on commitments and take a break.

♓ Pisces
Feb. 20 - March 20
You have so much to look forward to so why are you still looking back and lamenting what might have been? Whatever the reason you need to snap out of it or you may not even notice new opportunities. Be positive. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



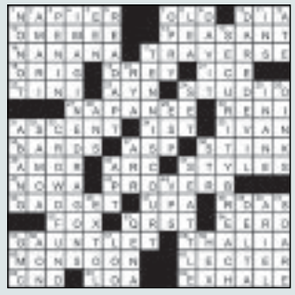
Across

1. Iridescent gem
5. Linguist Mr. Chomsky's
10. Was there
14. Orchestra standout
15. Take apart the Hoover, say
16. Antarctica's Prince __ Coast
17. "Star __"
18. Hence...: 2 wds.
19. Road style
20. 'Vancouver's First Lady of Jazz' - Trailblazing singer/actress whose many credits include hosting her own weekly variety show on the CBC: 2 wds.
23. Canadian engineering group, _ _ _-Lavalin
24. Funny! __-hee!
25. Margaret Laurence novel, the 1974 Governor General's Award for Fiction winner, The __
30. Greek Myth: Queen of Troy
34. British novelist Ms. Bagnold's
35. Prefix to 'ferous' (Conveying air)
37. Therefore
38. Postpaid mailing encl.
39. Novelist/poet Elinor (b.1885 - d.1928)
40. "That's fine then.": 2 wds.
41. Fast food titan Ray
42. No: German
43. Trim
44. __ lights (Movie premiere sights)
46. "Definition", for one: 2 wds.
48. Tit-for-__
49. Pasta names suffix
50. Serena Ryder hit: 4 wds.
58. __-hoop
59. Like a TV series airing this very minute: 2 wds.
60. Sea eagles, variantly
62. Awestruck
63. Queen: Spanish
64. Particle
65. Carry
66. Ms. Sagal
67. Detect

Down

1. Baseball great Mel
2. Genuine
3. Brother of Cain
4. Summery retreat as in The Muskokas in Ontario: 2 wds.
5. Fine difference
6. "Step __ __ pets." (Furry friends palindrome)
7. Env. info
8. Fem. opposite
9. Made-in-a-blender beverage
10. Some antique store purchases: 2 wds.
11. Half of a Basque court game
12. Music: Manfred ___
13. Garden of Eden lady, and namesakes
21. Ms. Jillian's
22. Jeans brand
25. Office furniture pieces
26. "__ __ economy is always beauty." - Henry James
27. Tennis player's topper
28. Showbiz performer Martha
29. Bud __, MLB Commissioner
31. "Yup."
32. Good, in Genoa
33. Lopsided
36. Actress Ms. Morelli
39. "Come Dine with Me Canada" airer, _ __
43. Actor Sean
45. Actress Ms. Ling
47. Fairgrounds section
50. "Come again??"
51. Men's label, __ Boss
52. Commonly: 2 wds.
53. Vitamins brand, __ _ Day
54. Building block
55. Sole
56. Fall
57. Catch __ ('Get')
61. Prepared

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

7	8	1	3	9	4	6	5	2
4	9	3	5	2	6	1	8	7
2	6	5	8	1	7	9	4	3
9	7	4	6	8	2	5	3	1
3	1	6	7	4	5	2	9	8
5	2	8	1	3	9	7	6	4
8	4	7	9	5	1	3	2	6
1	5	2	4	6	3	8	7	9
6	3	9	2	7	8	4	1	5

9		6			1		5	
			5	3				1
5			4		8			
		9					7	
		3	1		7	5		
	7					2		
		4		6				5
2			8	1				
	5		3			1		2

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